

TIMS FORD DEER TRAIL 10K

Part of the 28th Annual Tennessee State Park Running Tour

Saturday, December 2, 2006

TIMS FORD STATE PARK, Winchester TN. Park Info 931-962-1183.

Directions: From Nashville, take I-24 East to Hwy 55 W (exit 111). Go through Tullahoma to turn left on Hwy 130. At Center Grove turn slightly right on Awalt Rd, then left on Hinkle Rd, which turns into Hurricane Rd, then back to Awalt Rd across the lake. Turn left on Mansford Rd at Brownington, then right on Tims Ford Drive to the Lodge.

Start and Finish at the Lodge. Race starts at 11:00 A.M. Central Standard Time.

Course: One loop around the lodge area then out to a left turn at the rangers station to a turnaround. Back to a left turn onto the campground trail to finish with a second loop around the lodge.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Awards: Special awards to top male and female overall, masters (40+), grandmasters (50+) and senior grandmasters (60+). Five-year age groups with top 3 awards in each category from under 20 to 75+. Award ceremony at the lodge.

Pre-registration deadline: November 25, 2006. Race day registration from 10:00 to 11:00 AM.

Entry Fee: \$ 15.00 with or \$ 5.00 without shirt.

Mail registration to: **Tims Ford 10K**

payable to MachTenn.

2899 Old Woodbury Hwy

Race day without T-shirt \$ 10.00, with shirt \$ 20.00 (if available).

Manchester, TN 37355

Race Director: Joe Babilon, babilon@cafes.net, (931) 728-5325

Tims Ford Registration Name _____

Address _____

City _____ State _____ Zip _____ Phone (____) _____ - _____

Age (on race day) _____ Gender _____ T-shirt Size (circle) S M L XL No Shirt

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability. In consideration for accepting my entry in this race, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the organizers and sponsors of this event. I also release the above named for all claims of damages demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in this event. In filling out this form, I acknowledge I have read and fully understand my own liability and ability

Signature _____ Date _____
(Parent signature for runners under the age of 18)